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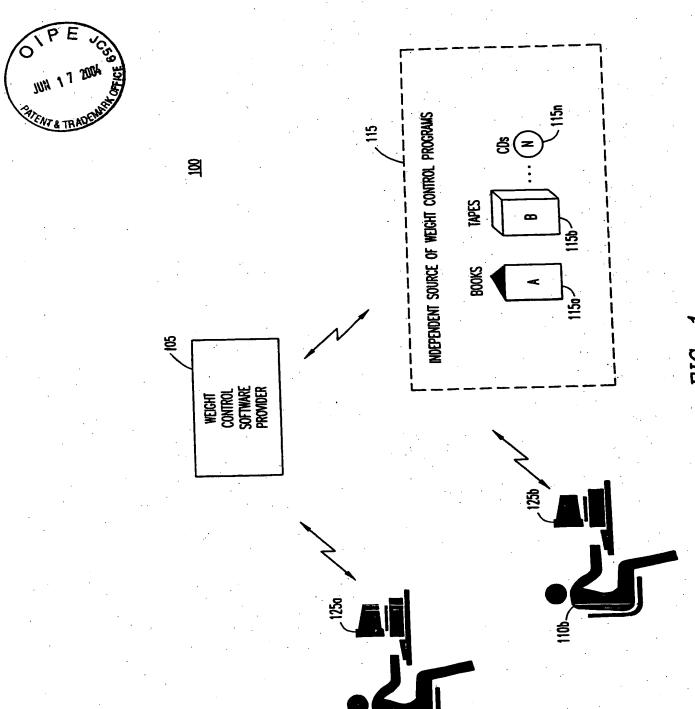
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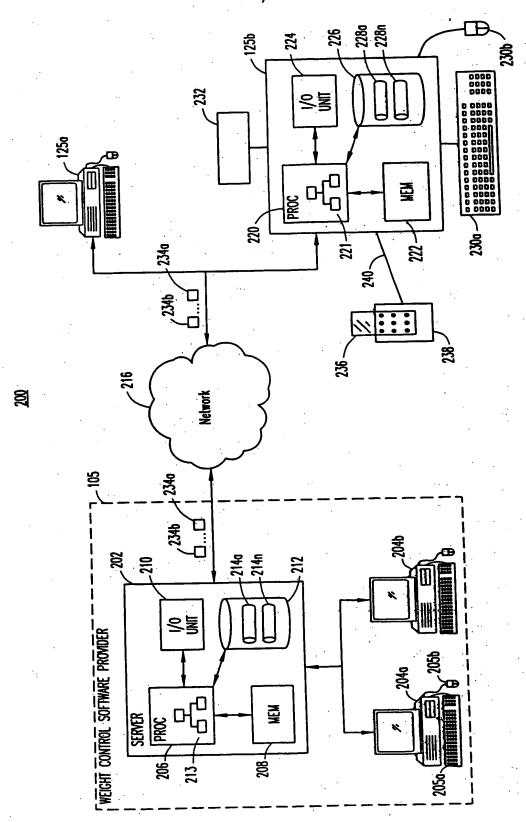
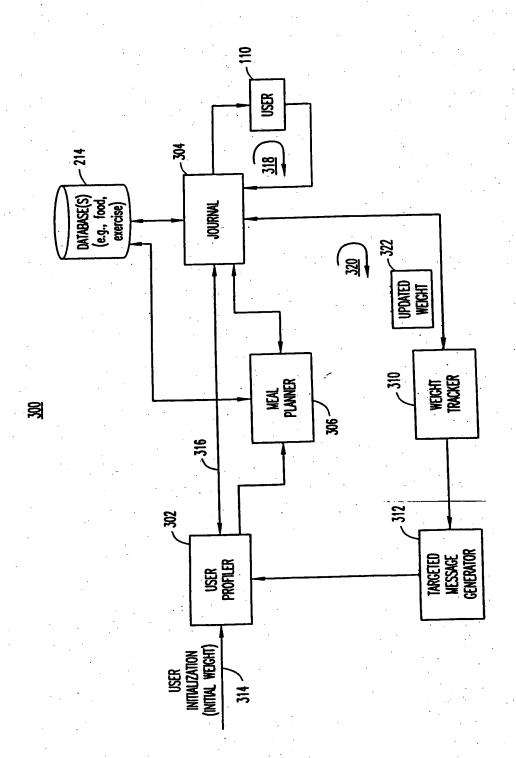
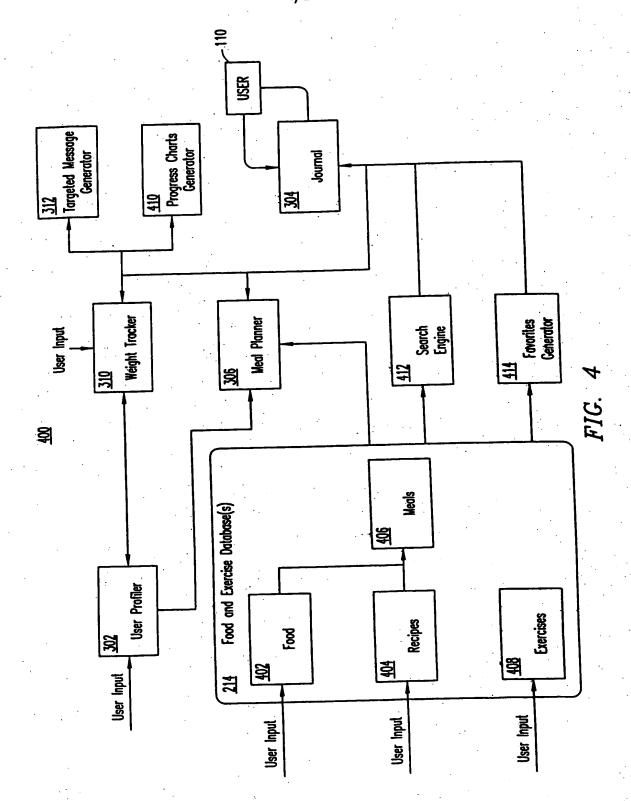
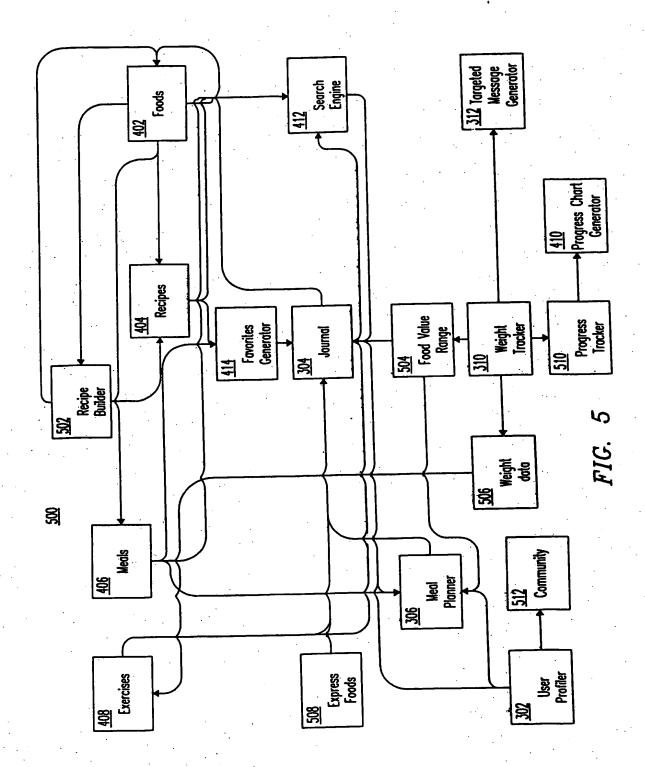


FIG. 2



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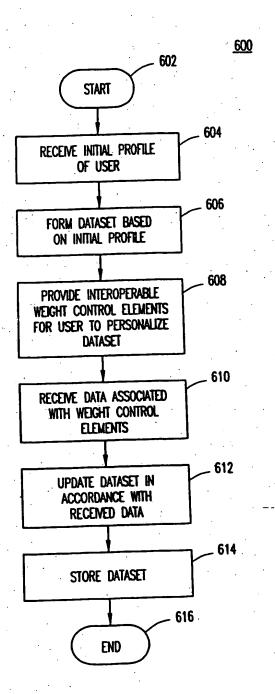


FIG. 6

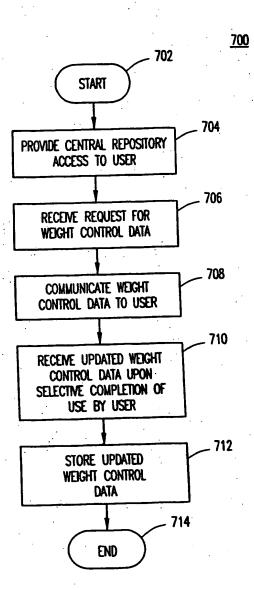


FIG. 7

Weight Control System Having Recipe Builder and-Exchange Capability Inventor: Kirchhoff, et al

8/28 find a meeting about us my profile site map help LOGIN 802 -<u>800</u> - 806 shop just for me healthy life sucess stories food & recipes home the plan community Journal | Weight Tracker | Progress Charls | My Favorites | POINTS Calculators | Assessment | Tools for Living step 6 of 6 confirm your information Please confirm that all details you entered are correct. Click the "make changes" link below to make corrections **Current Weight Information** Current Weight: 223lb Height: 5'8" Gender: M Birthdate: 7/14/1966 Make changes to Weight Information Other Characteristics 814 Personal Information Attitude: Generally Happy First name: John Athletic: Yes Last name: Smith Eye color: Blue Address: 1 MAIN St. Hair color: Brown City: Anytown State: NY Other Demographics 814 Zip code home: 12345 Race: Caucasian Zip code work: 12346 Religion: Catholic Country: United States Ethnicity: Irish Phone: (212) 555-1234 Blood type: At E-mail: jsmith@workplace.com 816 Receive Information: No **Heath Restrictions** E-mail Weight Loss Progress: No None E-mail Format: text 818 Profession: Professional (e.g., doctor,lawyer) Desired Meal Plan Type Marital status: Single Regular Number of children: 0 Lifetime Member: 98765 Meeting Member number: 98765 Make changes to Personal Information 822 Payment Information Credit Card: Visa Credit cord number: \*\*\*\*\*\*\*\*\*\*1111 Expiration date: 2/2002 Name as it appears on the card: John Q Smith Billing Address: 1 WAIN St. City: Anytown State: NY Zip code: 12345 Make changes to Payment Information 824 Total Subscription Charges for Monthly Fee: \$8.00 x 6=: \$48.00 Sovings/Discount: \$0.00 Toxes: \$0.00 Total Charges: \$48.00

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FIG. 9

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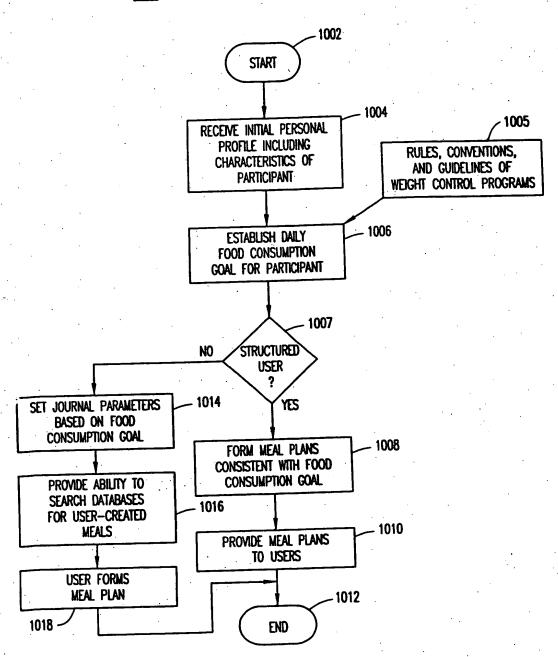


FIG. 10

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FIG. 11

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FIG. 12

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FIG. 13

Weight Control System Having Recipe Builder and Exchange Capability Inventor: Kirchhoff, et al

14/28 find a meeting about us my profile site map help LOGOUT 1400 806e filness just for me sucess stories | food & recipes healthy life my plan community Articles Recipes Meal Plans Recipe Renovation Recipe Search Recipe Builder meal plans my shortcuts LOGOUT my 7-day meal plan to weight loss tools. Welcome Kerin! I'm not Kevin edit profile Using a meal plan is simple way to kick-start your weight loss. Whether you follow the meal plan to the letter or simply use it for ideas and Pick my ovalars! inspiration is up to you. For help using the meal plan, see our meal MY TOOLS JOURNAL plan user quide. WEIGHT TRACKER see Daily View view next week's plan MEAL PLANS POINTS CALCULATORS odd plan to my journal Jan 23 - Jan 29 RECIPE SEARCH 1402 **POBITS** RECIPE BUILDER **WEDNESDAY** 23 MY RESOURCES HORNING. Intro to eTooks Tools for Living MIDDAY: Hol elooks lopic of the Week Ø Eating Out Guide elooks To Exchange edi  $\square$ • Fovorite Recipes POINTS POINTS FRIDAY ☑ THURSDAY Fovorite Boards MY MEETINGS MORNING: Almond An  $\square$ Ø 6 <u>75202</u> | £4 Enter a zip code below  $\square$  $\square$ **(b)** EVENING Orange  $\square$  $\square$ 7 Don't know zip code MY NEWSLETTER & MORE Ø Throughout the Day Choose your options GET HELP POINTS POINTS **☑** SUNDAY ✓ SATURDAY 24 Frequently Asked Questions 24 Contact Us MORN  $\square$ MODAY:  $\square$  $\square$  $\square$  $\square$  $\square$ POINTS POINTS **TUESDAY** MONDAY Ø  $\square$  $\square$  $\square$  $\square$  $\square$  $\square$  $\square$ add plan to my journal (B) pink see Daily View view next week's plan

FIG.

need help? learn more and onswer questions in our med plan user quide. med plan user quide meal planner profile Plan for Me-Plan Special diet Regular POBITS rangel 22-27

edit medi plan profile about med plans

pania

my shortcuts LOGOUT

to weight loss tools.

Welcome Kevin!

Pick my ovalars!

WEIGHT TRACKER

RECIPE BUILDER

MY RESOURCES

Intro to e**Toots** 

Tools for Living Hot eTooks Topic of the Week

Eating Out Guide

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POINTS CALCULATORS RECIPE SEARCH

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FIG. 15A

m 1 cup ()-POINT soup ■ 1 cup fresh vegetable sticks 1500b

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| JOURNAL pion user                                   | aide.  | ; 1 mm 1 mg                        | Me-Plan<br>Set i Regular                              |
| SOURIE TRACKER                                      |  | (A) POPKTS n                       | anael22-27  |
| MEAL PLANS  | TEAN INT   | e <u>et l</u>                      | neal plan profile<br>meal plans                       |
| POINTS®CALCULATORS                                  |  | i                                  | ***************************************               |
| RECIPE SEARCH WED Jan                               | 23   23 POINTS update r  | my medi plan 1506                  |   |
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| Intro to elooks                                     | Seas for grother mount   | 4                                  |   |
| Tools for Living Hot eTools Tools of the Week       | medium egg white Armond Apricol Flottes  Wount Torrect Finit                               | 1                                  | •   |
| COUNT AND AND A                                     | Tieder rebec   | #                                  | •   |
| 11 51000 18   | tsp basil From the Coffee Shap<br>az low-fat chedd Raisin Nut Flakes                       |                                    |   |
| Eur I   |  | 1                                  |   |
| Fovorite Recipes  edit                              | slice high-fiber blappicot Yogurt Sundae<br>cup canned fruit Apple-Almond Topped Pa        | ncoles                             |   |
| Forerite Boards •                                   | cob connect true   | 1                                  |   |
| 1 100000 00000                                      | cup low-fail milk  | 2                                  |   |
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FIG. 15B

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| to weight loss tools.                         | iny journal management   |                               |
| Welcome Kevin! I'm not Kevin edit profile     | Thanks!  | Back to the journal.          |
| Pick my ovalars!                              | Here's how you did laday:  |                               |
| MY TOOLS                                      | DDD TODAY'S TALLY  | Today's POINTS                |
| JOURNAL<br>WEIGHT TRACKER                     | Target POINTS for today  | 27                            |
| WEAL PLANS                                    | Food POINTS used   | 28                            |
| POINTS CALCULATORS                            | Activity POINTS earned (maximum 4 per day)                         | 4                             |
| RECIPE SEARCH RECIPE BUILDER                  | Banked POINTS  | 3                             |
| MY RESOURCES                                  | Danker   |                               |
| Intro to elooks                               |  |                               |
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| Fating Out Guide                              |  | 3                             |
| eTools Tip<br>Exchange                        | Your new bank balance Your bank balance will reset to zero on:     | Wednesday, Jan 30, 2002       |
| 6011  | Your Dank Datance will reset to Zead Oil.                          | I menusocall con ast rees     |
| Fovorite Recipes edit                         | Thanks for journaling today! We'll see you tammarrow               |                               |
| Fovorite Boards                               | Find tips fro  | om others on                  |
| MY MEETINGS                                   | Need Help? Go to the the eTools I                                  | To Exchange                   |
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| 1165  |  |                               |

FIG. 16A

900f

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| my jo        | OURNA -Tuesday, Jan 22, 2002 - Target: 27 Range: 22-27 Bank: 0 ( print blonk journal  | (D) user quide                          |  |  |  |  |  |
| You          | r journal has been saved!   |   |  |  |  |  |  |
|              | Below is a summary of your POINTS Simply select the number of POINTS you wish to bank for the day and click                               | Yes'                                    |  |  |  |  |  |
|              | Today's POINTS  | sed Help? Go to the<br>numal User Guide |  |  |  |  |  |
|              | Target POINTS for today   | nd lips from others on                  |  |  |  |  |  |
|              | Food POINTS used 28   | re eTools Tip Exchange                  |  |  |  |  |  |
|              | Activity POINTS earned (maximum 4 per day)  |   |  |  |  |  |  |
|              | Banked POINTS 160   | 401604b                                 |  |  |  |  |  |
|              | Are you done for the day and ready to BANK your POINTS? no yes  |   |  |  |  |  |  |
|              | Yes! Click "Yes" if you're done journaling for the day and want to bank any left over tood or activity POINTS<br>Need help with bankings? | 5.                                      |  |  |  |  |  |
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FIG. 16B

19/28

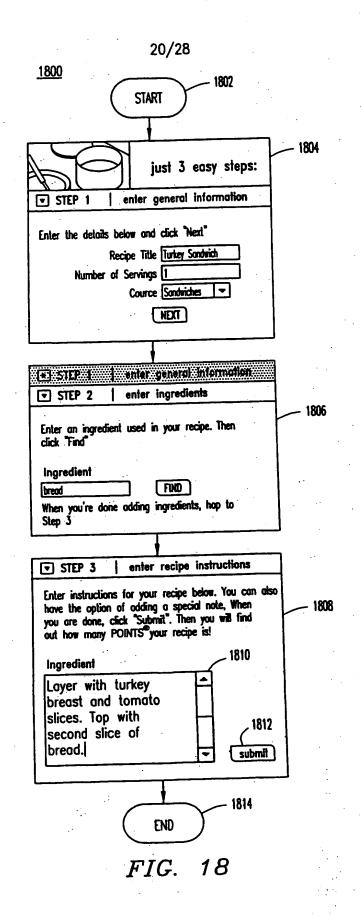
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| MY TOOLS                                  |  | - <del></del>     | <del>-</del>    | See .                                      |
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| WEIGHT TRACKER                            | AL FIND POINTS ran                             | ge:{5to{7         | FIND ]          | POINTS calculator                          |
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| POINTS CALCULATORS                        | Looking for their ophoris: Metine Your Season  | <u> </u>          |                 | of foods.                                  |
| RECIPE SEARCH                             |  |                   |                 | <ul> <li>Calculate food POINTS</li> </ul>  |
| RECIPE BUILDER                            | Recipe, POINTS per serving                     | Cource            | Time            | recipe plans                               |
| MY RESOURCES                              | Apple Braised Chicken, 5                       | Main Medis        | 55 min          | Find POMIS for your                        |
| Intro to eTooks<br>Tooks for Living       | Baked Chicken with Sun dried Tomato Sauce, 5   | Main Meds         | 30 min          | iororite recipes.                          |
| Hot eTools Topic of the Week              | Barbecue Chicken and Black Bean Pizza, 7       | Main Medis        | 30 min          | <u>Calculate recipe POINTS</u>             |
| Eating Out Guide                          | Bosque Chicken, 7                              | Main Meals        | 45 min          | recipe plans                               |
| elools Tip                                | Chicken and Dumplings, 5                       | Main Meats        | 40 min          | Get deficious meal                         |
| Exchange edit                             | Chicken and Sousage Gumbo, 6                   | Main Meats, Soups | 33 min          | suggestions for every day the week         |
| Fovorite Recipes                          | Chicken Burritos, 5                            | Main Meds         | 37 min          | • View Meal Plans                          |
| edit                                      | Chicken Enchilodos, 7                          | Main Medis        | 60 min          | <del></del> -                              |
| Foronite Boards                           | Chicken Foillas, 6                             | Main Meals        | 25 min          | e Learn more about                         |
| MY MEETINGS<br>75202   ##                 | Chicken Fingers with Borbecue Souce, 5         | Main Meals        | 22 min          | subsciber benefits                         |
| Enter o zip code below                    | Chicken in Aprical Source, 5                   | Main Medis        | 45 min          |  |
| ( ) ( ) ( ) ( ) ( ) ( ) ( ) ( ) ( ) ( )   | Chicken Jambalara, 6                           | . Main Meals      | 50 min          |  |
| Don't know zo code                        | Chicken Mole Wrons, 7                          | Main Medis        | 31 min          |  |
| MY NEWSLETTER & MORE                      | Chicken Poello, 7                              | Main Meals        | 230 min         |  |
| Choose your options                       | Chicken Paramigiana Sandwich, 6                | Sandwiches        | 35 min          |  |
| GET HELP                                  | Chicken Poppers, 6                             | Main Meals, Side  | . 20 min        |  |
| Frequently Asked Questions                |  | <b>Uishes</b>     |                 |  |
| Contact Us                                | Chicken Pol Pie, 6                             | Main Meals        | 65 min          |  |
|   | Chicken Solod in Whole-Wheat Bread Bowl, 5     | Main Medis        | 20 min          |  |
| *   | Chicken Soute with Fine Nuts. 6                | Nain Neals        | 25 min          | ·  |
|   | Chicken Stewed with Artichokes and Tomotoes, 5 | Main Meals        | 50 min          |  |
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|   | Browse Search Key                              | words: chicken    |                 |  |
| . •                                       | AL FIND POINTS                                 | range: 5 to 7     |                 |  |
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| . •                                       | Looking for mor options? Refine your sec       | <u>uci.</u>       |                 |  |
| •   | Veus courch returned AR recines                | page 1 of 3       | rev <u>next</u> | • •  |

Weight Control System Having Recipe Builder and Exchange Capability Inventor: Kirchhoff, et al



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| my shortcuts LOGOUT to weight loss tools.  Welcome Kevin! I'm not Kevin! edit profile Pick my ovolars!  MY TOOLS  JOURNAL  WEIGHT TRACKER  MEAL PLANS  POINTS®CALCULATORS  RECIPE SEARCH  RECIPE BUILDER | Weight track  Told weight loss  10.0 LBS.  Wilestones: \$\frac{1}{3}\$  Thank You  | POINTS Range: 22-27 Meeting day: Manday  Hogging your weight this  | on 1/14/2002<br>- 1902<br>) View Progress Charts  | <ul> <li>Non</li> <li>View &amp; Edit Weights</li> <li>Enter Previous Weights</li> <li>Additional Information</li> <li>weight loss profile</li> <li>Starting weight: 223</li> <li>10% difference: 200.7</li> <li>Weight goot: 150.9</li> <li>Weight foot: 2</li> <li>Edit My Profile</li> <li>Beyond the scale</li> <li>Get a better grip on your weight-loss success the next</li> </ul> |
| MY RESOURCES   | Please return  | r logging your weight his<br>next Monday to log your<br>ries on <u>Tales from the Sc</u>                               | weight.   | time you carry groceries.<br>Click the pounds to see what<br>you'd have to lift.  |
| Tools for Living Hot eTools Tools of the Week Fating Out Guide eTools Tip Exchange   | Share stor   | ·  | ANG   | 1b   5b   10b   25b<br>4 sticks of butter   |
| Fovorile Recipes   Fovorile Recipes   edit   | health & safety  | getting to weight goal   | learn more,<br>weigh less   |   |
| Fovorite Boards MY MEETINGS 75202   soft Enter a zip code below  Don't know zip code MY NEWSLETTER & MORE Choose your options  | we put your health and safety first. Learn about how your weight and weight—loss efforts can affect your health.  • What's your Ball | Whether you test big this week or were a little disappointed, remember to take time out to get insired all over again. | from weight-loss experts and fellow deters affile!  The Great Weigh-in 20 Weight Loss Tas | <b>h</b>  |
| GET HELP<br>Frequently Asked Questions<br>Contact Us   | • Effects of Rapid Weight<br>Loss  | <ul> <li>18 Ways to Reward</li> <li>Yourself</li> <li>Create a Motivating</li> <li>Strateor</li> </ul>                 | (from Red Meeting-<br>Goers!)   |   |

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FIG. 19

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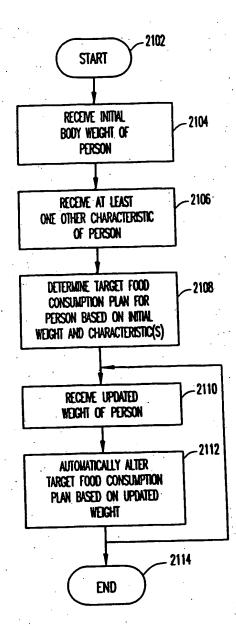


FIG. 21

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(**b**) Don't know zip code MY NEWSLETTER & MORE Choose your options GET HELP

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.we know how hard it can be.

Never trade what you want at the moment for what you want most.

Everyone has moments of partic or days of stress, or even weeks when they're just frontic. Thats why we've created the "Panic Page." It will help point you down the right path when you're stressed out about your weight

healthy life

First of all, we're here to provide the connections you need in order to talk to others who've been there. Get in touch and talk it over an out message boards and in our chat rooms.

And read up on your rough spots, too. Here are some potential "Panic" situations. If one sounds familiar, click on the link for some sound solutions.

- . I want to lose weight, but I can't seem to get storted.
- My weight-loss is at a standstill
- I've fallen off the wagon.
- I'm thinking of quitting.
- 1 gained this week.
- I can't do this
- I just ate a whole chocolate cake.
- 1 con's stop overeating!
- Everybody I know is losing weight except me.
- I'm stressed
- My family and friends keep bringing me food
- My spouse doesn't seem to want me to lose weight.
- I'm planning a vaction. How will ! stay on track while away?
- . My friends have asked me to go out to eat with them.

- . I have zero POINTS left for the dar!
- Somebody just said something really huntful to me.
- None of my jeans fit me anymore!
- "I'm too big to fit into o bus seat.
- "I'm going to have to stand in front of a crowd. People willnotice me.
- I feel so lonely.
- . I'm bored with trying to lose weight.
- I'm frustrated with trying to lose weight.
- I hate exercising.
- . I've lost my motivation.
- . I feel thinner and look thinner, but I'm not losing pounds.

your best resource Thousands of people just like you use our chal and message boards for

inspiration and encouragement. See how they tacked the problems you face.

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your best resource

Our leaders provide the best answers to all your questions about weight

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FIG. 24B

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FIG. 24C